

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**June 2012
Edition 27**



Branch Committee

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Note from the Editor

Dear Reader

We hope that you have all been enjoying the Jubilee celebrations and maybe the bunting is still out as we go into the Euro football competition and the Olympics!

We had a successful AGM in March where we shared some of the highlights from the past year with our members who attended. We also had some good discussions about the prescription cut issues. This was followed by a gluten free lunch which we prepared for adults and children – it was very nice to share the food together and see everyone enjoying themselves.

We have had a response from Coeliac UK regarding the issue of prescription cuts. It is an ongoing issue but this might help members to understand the problems.

Our committee members were involved in several awareness activities during May which were very successful and you can read more about these in this edition of Talkabout.

We are pleased to announce that Daphne has kindly offered to host the summer BBQ again this year so please contact her to let her know that you are coming along so that we know how many to cater for (see page 11).

As usual, we have some great places to eat that our members have recommended. Let me remind you that we don't check these places ourselves so please do ring ahead and check that they can cater for you to avoid disappointment.

We hope you enjoy this edition and as always we welcome your feedback and suggestions for future editions of Talkabout.

Best wishes
Gill – The Editor

Places to Eat and Useful Information

Have you got a local restaurant that looks after you when you eat there and understands your needs? They don't need to advertise as gluten-free on the menu but are they prepared to put themselves out a little to look after you? If each and every member contacted us and let us know about their favourite restaurant, then imagine the wonderful selection of restaurants we could all try!

If you have some useful information to share with other members then please get in contact - you'll find my contact details on the back page of the newsletter. We look forward to hearing from you soon.

The Old Eden Pub in Edenbridge

121 High Street, Edenbridge TN8 5AX Tel: 01732 862398

I would like to nominate 'The Eden' pub in Edenbridge as a good place to eat if you're a Coeliac. The owners always make me welcome and discuss with me what I can and cannot eat. Last time the chef cooked me a plaice fillet with tarragon butter and chips, which I had with a side salad, and I had a sorbet for pudding. It was an excellent meal. Previously, I was lactose intolerant too so chef cooked me a meal without using butter. I can wholly recommend eating there as they're courteous, understanding and always make a great effort to please.

Julie Francis

The White Rock at Underriver, Nr Sevenoaks, Kent TN15 0SB

Tel: 01732 833112

I have eaten at The White Rock at Underriver a number of times and have been impressed by the care they take over my gluten free diet. They have a skilled chef who seems to be able to produce most items on their menu (within reason) in a safe manner for Coeliacs. The food has always been well presented and enjoyable. The prices are reasonable. The landlord has told me that he would like to see more Coeliacs as customers.

Ken Arthur

A Tip for Cake Making

A little tip for your readers – if you find your cakes a little dry (often the case with gluten-free) substitute cold, well mashed potato for half the suggested amount of flour (beat it in after creaming the butter and sugar and before adding the eggs and flour) – very moist.

Maz Coker

Something to make you laugh

A patient told her dietician about the first time she tried to eat out in a restaurant as a newly diagnosed Coeliac with work colleagues. When she asked the waiter what was on the menu that was Gluten Free, he shook his head, saying he would speak to the chef. The chef came out and told her 'Madam, nothing is Free in this restaurant; you have to pay for everything we serve'.

The Black Farmer

A new range of pork and beef burgers and meatballs have been selling well through Ocado. Many gluten free bloggers have given them some rave reviews. What's more the pork meatballs were Highly Commended at the Freefrom Awards recently. The judges' verdict 'Tender good flavour, peppery meatball – well seasoned.'

Dame Tartine, Lime Hill Road, Tunbridge Wells TN1 1LJ

Tel: 01892 553330

We had dinner there recently and the waiter was instantly able to point out straight from the menu dishes which were suitable for the gluten-free diet – quite a few and it was good value too as there was an offer of 50% off food that night!

Mary Cunnington

The Aperfield Inn, Main Road, Biggin Hill TN16 2HN

Tel: 01959 542565

We visited the Aperfield Pub recently and were pleasantly surprised by its wonderful refurbishment. It has a lovely conservatory where you can eat and also outside tables. They also have a list of what is available on the menu for people with a gluten intolerance. The food was good and quite reasonably priced.

Gill Howe

The Olive Room - Tonbridge High Street, TN9 1BB

Tel: 01732 368877

Antonias Restaurant in Tonbridge High Street has now changed its name to the Olive Room. The management is the same and they still serve a great selection of gluten free foods from pasta and pizza which is good to see.

Forthcoming Events

Recently we have found numbers diminishing at events and we have decided to concentrate on events that we feel are very valuable to our members. We have recognised that our newly diagnosed members benefit greatly from the monthly coffee mornings and our regulars also enjoy coming along for a coffee and a chat.

Therefore, for the next few months we will be concentrating on Coffee Mornings every month at Sainsbury's (see below) and will run events in the future if we feel there is a demand for them. All suggestions are welcome.

Coffee Morning - Third Saturday of every month

(18 June in Tunbridge Wells, 21 July will not run due to Coeliac BBQ, 18 August in Tunbridge Wells, 15 September in Sevenoaks)

If you are newly diagnosed and want to find out more this is a very relaxed way to meet with other coeliacs to share ideas and have a chat. We welcome all members. We meet between 10.00am - 11.30am. We look forward to seeing you soon - look out for the Crossed Grain magazine on the table. We meet at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Oxford Road, TN14 5EG) and the next month in Sainsbury's Café in Tunbridge Wells (on Linden Park Road, TN2 5QL, just off the A26 Eridge Road).

Summer BBQ

Saturday 21 July 2012 – 4.30pm in West Kingsdown

We would like to invite our Sevenoaks members to a Summer BBQ to be held on Saturday 21 July in West Kingsdown. We will be cooking up some lovely gluten-free food for you to enjoy on the Barbeque. Bring all the family - the children will love it too!

Please come along and support your local group – all monies raised will go towards producing future editions of Talkabout.

- Cost is a minimum donation of £5 for adults and £2.50 for children under 10.
- Bring your own drinks, glasses provided.
- Please contact Daphne Paterson (BY 16th JULY to help us cater) at: dpater2@btinternet.com or telephone on 01322 863171 to let us know you are coming along and to get directions.

Coeliac Awareness Week 2012
Tuesday 16th May
Fiona Turnbull's Visit to Darent Valley Hospital

The Sevenoaks Group were once again invited to Darent Valley Hospital by the Dietetics Department to join forces and run an awareness stand in the Hospital main entrance foyer.

I spent a very enjoyable day talking to people about Coeliac Disease. We had a lot of gluten free samples from Glutafin, Juvela, Lifestyle, Barkat and Livewell to give away. There was a Gastro clinic in outpatients, so that guaranteed us a few Coeliac patients. I spoke to two newly diagnosed patients' who had only just received their test results that day. I was able to reassure them, give them CUK details, and the all important G/F goodies to take home.

One gentleman and his wife came to speak to us. He is a member of our Sevenoaks group and greatly enjoys receiving Talkabout, our newsletter. It transpires I first met him just over 6 years ago when he was first diagnosed Coeliac. He'd been given my phone number from CUK as his local group leader. I had a long phone conversation with him and ended up taking 2 g/f loaves of bread out of my freezer and delivering them to his house later the same day. He told me that was such a tonic back then to receive the g/f bread and also to know that help was there for him from someone who understood just how he felt.



This is where the monthly coffee mornings run by the Sevenoaks group are so helpful to the newly diagnosed where they can ask questions and chat with fellow Coeliacs.

It was also nice to speak with so many hospital staff that recognised me from previous years on the awareness stand.

The thing that most upsets me is the number of people I spoke to this year who have self diagnosed themselves with no medical help. They don't always get it quite right and still struggle with the diet - one lady we met was unwilling to try the g/f bread we offered her because bread has upset her in the past, so she only eats rice cakes.

This was a very worthwhile day; people do ask lots of questions about Coeliac Disease and then go away with a greater understanding of the condition and why gluten free foods are so important and necessary for the rest of our lives.

Coeliac Awareness Week 2012
Saturday 12th May
Afternoon Tea & Cakes at Robinswood

Gill Bird was diagnosed a Coeliac in the early 1990's. There wasn't the selection of g/f goodies then, and she became an expert at gluten free baking. Her 2 daughters have also grown up with a very good understanding of a g/f diet. Her daughter Isabelle has now launched her own Business THE FRUITIE CAKE COMPANY baking the most lovely g/f cakes using fresh fruit in the ingredients.

The Sevenoaks Group were invited to their house set in several acres of garden and private woodland with direct access into Ashdown forest. It was the most perfect afternoon with the sun shining, so we were able to have our afternoon tea and g/f cakes in the garden. We were spoilt for choice with chocolate sponge and pear, sponge with fruits of the forest and blueberries, and sponge with cranberries and pineapple, all served as muffins.

Afterwards, those of us that had brought our wellies, went for a walk around the garden and then into the woods where all the bluebells were in full bloom. I would like to thank Gill and Isabelle for their kind invitation and hospitality, and wish her well with her business venture.

Fiona Turnbull

Coeliac Awareness – Sunday 27 May 2012 Morrisons Supermarket

David Apps, along with his family and Lisa Marr, set up a stand in Morrisons Supermarket to raise awareness for Coeliac Disease.

It was a very successful day – a number of people were suggested to contact their doctor with symptoms. A number of newly diagnosed people came to the stand and were impressed with what they learnt.

They had lots of gluten free goodies to give away so all the Coeliacs who visited the stand received a good supply of samples. These were supplied by Genius, Nairns, Mrs Crimbles, Dietary Specials, Warburtons, Lifestyle, Fruity Cake Company and Juvela.

A total amount of £77 was collected in donations. Well done to all who were involved.



Edenbridge Festival – Monday 4 June 2012

As part of the Sevenoaks Group fundraising, Committee Members, Fiona Turnbull, Mary Cunnington and David Apps ran the Hoopla Stall at the Edenbridge Festival. They had great fun and raised a fantastic £250 for the Sevenoaks Group.

Our thanks go to Millson's Vending of Tonbridge who donated all the soft drinks, those who gave other things and those who turned up to help.



Broke Hill Golf Club

We are delighted to tell you that we have been chosen by the Lady Captain of Broke Hill Golf Club in Halstead to be the chosen charity for the next year. Her husband was diagnosed with Coeliac Disease 3 years ago and she is keen to raise awareness.

This means that any charity funds that are raised over the year at the golf club will be given to the local Coeliac Group. Fiona and I went along to her first charity lunch and spoke to some of the lady golfers about Coeliac Disease and what the local group does. A lot of the members were very surprised as they didn't know much about the condition and asked lots of questions and found it very interesting.



Sevenoaks Coeliac Support Group

would like to invite you to a BBQ from 4.30
on Saturday 21st July in West Kingsdown.

We will be cooking up some lovely gluten-free food
for you to enjoy on the Barbeque without
worrying about all the usual contamination issues.

Please bring family and friends along
the children will love it too!

Please come along and support your local group
all monies raised will go towards producing future
editions of Talkabout.

The cost is a minimum donation of £5 for adults
and £2.50 for children under 10.

Bring your own cold drinks, glasses provided.

Please contact Daphne Paterson at
dpater2@btinternet.com or telephone her on
01322 863171 to let us know how many of you are
coming along and for directions.

We are hoping to see lots of you soon!

Prescription Guidelines

I recently raised with Coeliac UK some of the issues that you have highlighted to us regarding Prescription cuts. I received the following response from Lorna Gardner, Coeliac UK Dietitian.

Policy in the South East Coast

The South East Coast Alliance is a board of managers from the Primary Care Trusts in Surrey, Sussex and Kent. They introduced a policy at the start of last year to only prescribe 8 items a month from a restricted choice of long life bread and flour.

This board is made up of the following Primary Care Trusts; Surrey, West Sussex, Hastings and Rother, East Sussex and Downs, Brighton and Hove, Eastern Coastal Kent, Medway and West Kent.

Not all the Primary Care Trusts have implemented the policy. In Kent the policy has been introduced by Eastern Coastal Kent and Medway. However West Kent has not introduced the policy.

West Kent are prescribing bread, bread mix, flour, crackers and crisp bread but are no longer prescribing fresh bread. They are following the National Recommendations on units. This guidance has been in place since 2004, however some GPs may have followed this more strictly than others in the past. The amounts are based on average energy requirements and looking at National Diet Surveys and also on the assumption that people with coeliac disease will also include naturally gluten-free foods such as rice or potatoes in the diet.

Due to areas restricting to below these amounts it is difficult to put a strong case to have an open amount of gluten-free items people can get on prescription. We have campaigned in areas restricting to below the guidance. If someone is finding it difficult on the strict gluten-free diet with the amounts they are receiving they could ask to see a local dietitian who would be able to advise on individual cases. The GPs in your area that are no longer prescribing fresh bread will be doing so due to the policy introduced by West Kent.

Meetings with the South East Coast

We feel that all staple items, including fresh breads, should remain available on prescription. Coeliac UK has held meetings, and written strongly worded letters to the South East Coast Alliance asking for their policy to be reviewed.

We have also provided the Primary Care Trusts copies of the National Guidelines. As West Kent is following a different policy to that of other Primary Care Trusts in the South East we have sent a separate letter to them to state the importance of fresh bread on prescription. We have stated that gluten-free fresh bread is an important part of the diet for people with coeliac disease. The recent development of fresh bread has been an enormous breakthrough for people with coeliac disease and is considered far more palatable than long life bread which most say has a synthetic taste and texture. Furthermore, long life gluten-free breads will need to be refreshed, making fresh bread the better alternative especially amongst people eating away from home.

Costs on prescription

For a product to be available on prescription it has to be approved by a board called the Advisory Board on Borderline Substances (ACBS). A price will be agreed by the ACBS on the cost of the product to the NHS. This should include any delivery charges. This agreed price is no higher for fresh bread than other products on prescription.

We have been made aware that some gluten-free items, in particular fresh breads, incur additional carriage costs when dispatched across the country. We have been speaking with all those involved in the supply of gluten-free food on prescription to find out more and to help with our discussions with the Primary Care Trusts. Manufacturers have been working hard to find supply arrangements that avoid these costs but due to pharmacy ordering arrangements there are some cases where additional costs are being added.

Buying items off prescription

Unfortunately it is difficult to buy gluten-free foods from manufacturers off prescription and the costs of doing this are often higher than the cost to the NHS when these items are prescribed. If the products are not ordered on prescription this means that the pharmacist would place a one off special order which can affect the cost of these items. There is a lot of competition for gluten-free food in supermarkets. The companies that only provide gluten-free food on prescription will have the contacts to make them available on prescription but it may be difficult to make a direct move to make the products available in supermarkets to buy. We have highlighted to Primary Care Trusts the difficulty in people accessing products, such as Juvella and Glutafin, which are currently only available on prescription.

I hope this helps. If anyone has further questions on gluten-free prescribing please feel free to refer them to us.

Lorna Gardner, CUK

Oast to Host

We have recently set up a gluten free cooking business. We specialise in handmade gluten and/or dairy free tarts, desserts and cakes for all occasions and events. Personalised, novelty, parties, Sunday lunch, freezer or just "tonight's supper" available.

- * Traditional Recipes *
- * Quality Ingredients *
- * Finest Taste *

Sally's Story

As a mother keen to provide my family with a well balanced tasty diet I was somewhat thrown into a spin when my daughter was diagnosed with Coeliac disease 15 years ago. With huge strides taken during the intervening years there is still a significant shortage of readily available fresh Gluten Free puddings. I would like, in a small way, to address that gap in the market and amongst other products, am particularly excited to offer a delicious fresh sweet or plain short crust pastry which can be used at home as you wish. Alternatively, delicious ready made Gluten Free and dairy free puddings available at Tonbridge or alternate Tunbridge Wells markets, or to order. On top of this we would love to work with our customers suggestions, enabling them to enjoy their own freshly made desserts.

Claire's Story

Claire trained nearly 25 years ago at the National Bakery School in London to work with confectionery making and decorating cakes and puddings. During this time I worked for Suzelle cakes in London and then moved to Confection Perfection near Tonbridge, before going on to have a business working from home designing and making cakes for those special occasions. 'I believe that we are limited mainly by our imagination. I love creating out of the ordinary.'

If you have any questions or would like to place an order please contact Claire Forster – 01892 838420 or Sally Black – 01892 722563.

Current stockists of OAST TO HOST products are:

- Ismail Coffee & Tea Shop – Tunbridge Wells
- Hartley Dyke Farm Shop – Cranbrook

Gluten Free Bread Recipe

One of our members, Mary Arthur has been making bread for her husband Ken since he was diagnosed about 15 years ago. He says that it's the best bread that he has tasted! Here is her recipe:

Ingredients

I use a mixture of:

- 1 x 500g Glutafin Gluten Free Fibre Bread Mix (Select recipe)
- 1 x 500g Glutafin Gluten Free Bread Mix (Select Recipe)
- The 2 sachets of yeast (1 from each box)
- 2 to 3 tablespoons of Vegetable oil
- 30 fluid oz of hand hot water

Method

- Combine the flours and yeast, mix in the oil and water, beat until smooth.
- Let to rise in the bowl, knock it back and beat again.
- Divide between 4 x 1lb loaf tins that have been lined with parchment paper, this prevents the very sticky mixture from sticking to the pans. I usually sprinkle in the bottom of the pans and on the top of the loaves a mixture of seeds.
- Leave to rise to the top of the pans and bake in a hot oven 200c for about 30mins. I usually turn them around after 15 so that they cook evenly.
- The bread freezes well and makes good sandwiches and toasts.



Talkabout

Sevenoaks Area Coeliac Group

Please send your letters or enquiries to:

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